

The number of cycling shoes is extensive and vary greatly, we suggest getting a professional fit up prior to purchase

Cycling Shoes Guide

**If you have an injury, seek professional advice*

Shimano S-Phyre RC9



- Brilliant all-rounder for those looking to increase performance output
- **RC902** is the latest update with increased rigidity, ventilation, and power transfer
- **RC5** is an affordable option in their range

Price: ≈ \$500 Type: Road

Weight: 282g Best For: Racing

Sizes: 36 - 48 Closure: BOA

Specialized S-Works 7



- Very popular and well known among cyclists
- Accommodating toe box and Form fit last makes it ideal for slightly wider feet
- FACT powerline carbon is extremely stiff

Price: ≈ \$500 Type: Road

Weight: 261g Best For: Racing

Sizes: 36 - 49 Closure: BOA

Shimano ME7



- 8/12 on Shimano stiffness scale for versatility
- Great all-rounder mountain bike shoe for hike-a-bike all the way to XC missions
- Not waterproof but dry quickly, feet will be chilly in sub zero temps

Price: ≈ \$230 Type: Mountain

Weight: 441g Best For: Trail

Sizes: 38 - 48 Closure: Ratchet/Strap

Bont Riot Road+ Boa



- Very stiff heat mouldable carbon sole platform for a customisable fit
- Wide and accommodating toe box

Price: ≈ \$250 Type: Road

Weight: 280g Best For: Training/Climbs

Sizes: 38 - 50 Closure: BOA and Strap

Mavic Crossmax Elite CM



- Snug, secure and weather resistant upper
- Upper structure resembles *Mavic Crossmax Elite* race model for efficiency
- Performance orientated design means tighter fit

Price: ≈ \$200 Type: Mountain

Weight: 450g Best For: Racing/Trail

Sizes: 36 - 49 Closure: Ergo Dial

Pearl Izumi PRO Air



- 20% lighter carbon sole without sacrificing any structural stiffness
- Ultra-lightweight with great breathability
- Difficult to adjust mid-ride due to laces

Price: ≈ \$500 Type: Road

Weight: 150g Best For: Racing

Sizes: 39 - 49 Closure: Lace